Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD)

DNSG Working Group on the Implementation of the DNSG Nutritional Guidelines in European Countries

Present Status and Strategies for the Future

Co-Ordinator: Dr. Monika Toeller, M.D.
German Diabetes Center at the Heinrich Heine University
Leibniz Center for Diabetes Research
Düsseldorf, Germany
E-mail: toeller@ddz.uni-duesseldorf.de
Goal

Implementation of evidence-based nutritional recommendations as an important part of diabetes therapy

- to improve metabolic control
- to avoid complications of diabetes
- to sustain / improve well-being
DNSG Working Group
on the Implementation of the Nutritional Guidelines in Diabetes

Participating countries

Austria
Belgium
Bulgaria
Denmark
Finland
France
Germany
Greece
Iceland
Italy
Norway
Sweden
toe 2006
DNSG Working Group on the Implementation of the Evidence-based Nutritional Guidelines in Diabetes

<table>
<thead>
<tr>
<th>Participating European Countries</th>
<th>Persons involved (from)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>Ludvik, Roden, Sadilek, Wallisch (Vienna, Graz)</td>
</tr>
<tr>
<td>Belgium</td>
<td>Claeys, De Leeuw, van Gaal (Antwerp)</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>Petkova (Sofia)</td>
</tr>
<tr>
<td>Denmark</td>
<td>Hermansen, Pedersen, Schelde (Aarhus)</td>
</tr>
<tr>
<td>Finland</td>
<td>Aro, Schwab, Uusitupa (Helsinki, Kuopio)</td>
</tr>
<tr>
<td>France</td>
<td>Chwalow, Rizkalla, Slama (Paris)</td>
</tr>
<tr>
<td>Germany</td>
<td>Heitkamp, Toeller, Wein (Düsseldorf, Kiel)</td>
</tr>
<tr>
<td>Greece</td>
<td>Dimostenopoulos, Karamanos, Katsilambros, Makrilakis, Manglara Katsilambrou (Athens)</td>
</tr>
<tr>
<td>Iceland</td>
<td>Engilbertsdottir, Thorsdottir (Reykjavik)</td>
</tr>
<tr>
<td>Italy</td>
<td>Giacco, Riccardi, Rivellese (Naples)</td>
</tr>
<tr>
<td>Norway</td>
<td>Aas, Bergstad (Oslo)</td>
</tr>
<tr>
<td>Sweden</td>
<td>Brekke, Karlström, Vessby (Uppsala)</td>
</tr>
</tbody>
</table>

toe 2006
Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD)
Evidence-based nutritional approaches to the treatment and prevention of diabetes mellitus

Translations published
from                           in
Belgium                        (Flemish / French)
Germany                        (German)
Greece                         (Greek)
Italy                          (Italian)
toe 2006
**DNSG Working Group on the Implementation of the Evidence-based Nutritional Guidelines in Diabetes**

<table>
<thead>
<tr>
<th>Country</th>
<th>Version</th>
<th>Collaboration Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td><strong>German version</strong> of the DNSG Nutrition Guidelines</td>
<td>Cooperation with Austrian Society of Diabetes, Austrian Association of Diabetes Educators, Austrian Association of Nutritionists/Dietitians</td>
</tr>
<tr>
<td>Belgium</td>
<td><strong>Flemish version</strong> of the DNSG Nutrition Guidelines</td>
<td>Cooperation with Flemish Diabetic Association, Flemish Dietetic Association (Leaflet)</td>
</tr>
<tr>
<td>Finland</td>
<td>DNSG Nutrition Guidelines will be the basis for Finnish nutritional recommendations of the Finnish Diabetes Association</td>
<td></td>
</tr>
<tr>
<td>France</td>
<td>French version in preparation</td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td><strong>German version</strong> of the DNSG Nutrition Guidelines</td>
<td>Authorized by the Publisher and the Editor-in-Chief, Harmonization with German Diabetes Association, German Association of Obesity, German Association of Nutritional Medicine, German Nutrition Association</td>
</tr>
</tbody>
</table>

*Diabetes und Stoffwechsel* 14 (2005) 75-94

toe 2006
DNSG Working Group on the Implementation of the Evidence-based Nutritional Guidelines in Diabetes

Greece  Greek version of the DNSG Nutrition Guidelines
Leaflet published through the National Centre for Diabetes

Italy  Italian version of the DNSG Nutrition Guidelines
IL Diabete Sett. 2005, 173-196

Norway  Publications about the DNSG Nutrition Guidelines
Diabetesforum 4 (2005) 27-31
Norsk tidsskrift for ernaering 2006
Cooperation with Norwegian Diabetes and Medical Associations

Sweden  Publications in English about the DNSG Nutrition Guidelines
in a journal published by the Swedish Society of Diabetology

toe 2006
Nutrition in Diabetes - Teaching Programme

evidence-based on the recommendations of the DNSG of the EASD, versions for Germany and Austria
Ernährung bei Diabetes

Schulungssystem nach evidenzbasierten Leitlinien

Auf der Basis der Empfehlungen der Diabetes and Nutrition Study Group (DNSG) der Europäischen Diabetes-Gesellschaft (EASD)
In Abstimmung mit der Deutschen Diabetes-Gesellschaft (DDG)
Ausgabe für Österreich in Abstimmung mit der Österreichischen Diabetes Gesellschaft
und dem Verband Österreichischer Diabetesberater/innen sowie
dem Verband der Diaetologen Österreichs

Dr. med. Monika Toeller et al.
Deutsches Diabetes-Zentrum (DDZ) an der Universität Düsseldorf
Leibniz-Zentrum für Diabetes-Forschung
Nutrition in Diabetes - Teaching Guide

evidence-based on the recommendations of the DNGS of the EASD, versions for Germany and Austria
Nutrition in Diabetes / Teaching Programme
evidence-based on the recommendations of the DNSG of the EASD

Dietary advice (Transparencies/CD-ROM)

- Evidence-based: What does it mean?
- Goals of diabetes therapy
- The role of nutrition in the treatment of diabetes
- How to measure BMI
- Waist as a measure of distribution of body fat
- Nutrition pyramid / distribution of nutrients
- Carbohydrate, mono-, di-, polysaccharides
- Insulin and insulin-analogues, mode of action
- Carbohydrate and conventional insulin treatment
- Flexible eating and intensified insulin therapy
- Blood glucose monitoring
- Carbohydrate exchanges
- Carbohydrate portions and insulin
- Oral antidiabetic drugs and timing of food intake
- How to treat hypoglycaemia by fast carbohydrate
- Foods rich in fibre
- Explanation of the glycaemic index (GI)
- Low, average and high GI foods
- Healthy exchange: low vs high GI foods
- Glycaemic load
- Sugar in foods
- Fatty acids, transfats, dietary cholesterol
- Choose the better fat
- Variety of oils
- Low fat cooking
- Protein in foods
- How to reduce protein intake
- Alcoholic drinks
- Alcohol and hypoglycaemia
- Meal planning, calories, carbohydrate portions
- Useful further reading

toe 2006
Pilot program for the implementation of nutritional recommendations for people with diabetes in Italy

**Coordinators:** G. Riccardi, AA. Rivellese
Dipartimento di Medicina Clinica e Sperimentale dell’Università degli Studi di Napoli

**Scientific Secretary:** R.Giacco
Istituto di Scienze dell’Alimentazione, CNR, Avellino

**Components:**
D. Bruttomesso (U.O. di Diabetologia, Università degli Studi di Padova)
C. De Natale (U.O. di Diabetologia, Università “Federico II” di Napoli)
G. De Pergola (U.O. di Diabetologia, Università degli Studi di Bari)
S. Leotta (U.O. di Diabetologia, Roma)
M. Parillo (U.O. di Diabetologia, A.O. Ospedale Civile di Caserta)
M. Trento (U.O. di Diabetologia, Dipartimento di Medicina Interna, Università degli Studi di Torino)
E. Vitacolonnna (U.O. di Diabetologia, Università degli Studi di Chieti)

*Project Supported by Abbott Diabetes Care and Abbott Nutrition*
HAND BOOK OF DIETARY EDUCATION MEETINGS
FOR THE IMPLEMENTATION OF NUTRITIONAL
RECOMMENDATIONS FOR PEOPLE WITH TYPE 1 AND
TYPE 2 DIABETES
<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1°</td>
<td>Energy Balance and Body weight</td>
<td>How subjects become overweight/obese and why to lose weight</td>
</tr>
<tr>
<td>2°</td>
<td>Energy Balance and Body weight</td>
<td>How to lose weight by increasing energy expenditure</td>
</tr>
<tr>
<td>3°</td>
<td>Energy Balance and Body weight</td>
<td>How to lose weight by decreasing dietary energy intake</td>
</tr>
<tr>
<td>4°</td>
<td>Fat</td>
<td>Quantity and quality</td>
</tr>
<tr>
<td>5°</td>
<td>Carbohydrate</td>
<td>Quantity and quality</td>
</tr>
<tr>
<td>6°</td>
<td>Protein, Salt, Alcohol and dietary patterns</td>
<td></td>
</tr>
</tbody>
</table>
Topics of Nutritional education program in Type 1 diabetic patients

1° Session – Energy Balance and Body weight: *how to preserve normal weight*

2° Session - Carbohydrate: *identification of CHO rich foods with low glycemic index and/or rich in fibre*

3° Session - Carbohydrate: *how to assess the CHO amount of foods and distribute daily carbohydrate*

4° Session - Carbohydrate: *how to maintain constant the daily CHO amount*

5° Session – Fat: *quantity and quality*

6° Session – Protein, Salt, Alcohol and dietary patterns
DNSG of the EASD
Implementation of the DNSG Nutritional Guidelines (NG) in European Countries

Strategies for the Future

- More European countries should be involved
- Further translations of the European NG are needed
- Harmonization of the European NG with National Diabetes, Medical and Nutrition Associations should be reached
- Inclusion of the European NG in national curricula for students, doctors / diabetologists, diabetes educators, dietitians / nutritionists
- Nutrition Teaching Programmes used by physicians, diabetes educators, dietitians / nutritionists should be on the basis of the European NG
- Studies to evaluate the effects of structured nutrition teaching according to the DNSG nutritional recommendations